

## ABSTRACT

This invention provides a composition comprising a daidzein-containing substrate and a strain of micro-  
5 organism capable of metabolizing daidzein to equol as essential ingredients. This composition is effective in the prevention and alleviation of unidentified clinical syndrome inclusive of menopausal syndrome in middle-aged to elderly women for which no effective means of prevention  
10 or alleviation has heretofore been available.